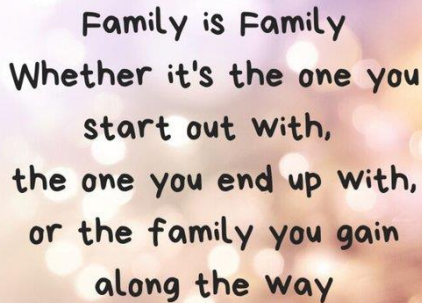


February 16 2024



Family is Family
Whether it's the one you
start out with,
the one you end up with,
or the family you gain
along the way

In most provinces of Canada, the third Monday in February is observed as a regional statutory holiday, typically known in general as Family Day (French: Jour de la famille)—though some provinces use their own names, as they celebrate the day for different reasons. The third Monday of February is observed as "Family Day" in the provinces of Alberta, British Columbia (BC), New Brunswick, Ontario, and Saskatchewan; as Louis Riel Day in Manitoba; as Nova Scotia Heritage Day in Nova Scotia; and as

Islander Day in Prince Edward Island.

Mark your Calendars For details check our website at www.slrlondon.com



SLR Coffee Socials – Winter and Spring 2024

Fridays at 1:30 pm; Saturdays at 10:00 am starting on Friday January 5th. Come join us and enjoy the laughter,

opinions and facts shared by your peers in SLR. Each chat will have a host to help keep us moving along and help with any practical issues.


For members unable to attend events in person the Chats provide a great opportunity to keep in touch with new and old members on a regular basis.



Join us for **Games Night at Grosvenor Lodge** on Tuesday MARCH 5th from 7pm - 9pm. Various games such as Scrabble, Pictionary, Cribbage, Darts and Backgammon. Bring your travel mug and enjoy some coffee and cookies. Join in the fun and meet new people! Maximum 30 people. Deadline for sign-up is March 1, 2024. It's free!



Just a heads up- SLR will be hosting our Spring Session Open House on April 4th 2024. **Details to follow**



SLR's Annual General Meeting will be held on April 18th at Siloam Church at 1:00pm. **Stay tuned for details.** At the Annual Meeting, we will present our financial status along with information on what we have accomplished and our plans going forward. We will also submit our nominations for board membership for the coming year for your approval.



Mark your calendars for our 30th Anniversary party on Friday June 14th. Come join us as we celebrate our past and present and look forward to a great future.



SLR'S THIRTY YEAR ANNIVERSARY 1994 to 2024

Our Founder's Day Luncheon was held this week on Tuesday February 13 at the Highland Golf and Country Club in London. The year 2024 marks the 30th anniversary of SLR London. It was wonderful to gather with so many members of SLR in such an idyllic setting with wonderful window views of spring like fairways. London Middlesex Paramedic services guest speaker Rick West discussed Emergency preparedness with particular emphasis on the needs of seniors.

A GOOD TIME WAS HAD BY ALL



Brian Henderson our current President welcomed everyone as well as extending a special welcome to Michael Wojtak, President of Heritage London Foundation. Brian provided an overview of how SLR came to be and how much we have grown over the last 30 years. Many organizations were devastated by the pandemic. SLR pivoted quickly to offering classes by Zoom. All social activities were suspended. The SLR board had prudently built-up cash reserves so we were able to weather this storm and are pleased to be back into full in person activities again. Brian thanked all members who have volunteered over the past 30 years and continue to do so. Their hard work and ideas created the amazing organization we have today. “Let us all celebrate our considerable accomplishments over the 30 years as we continue to learn, grow and evolve.”

VOLUNTEERS ARE ESSENTIAL TO SLR

AS A MEMBER-RUN ORGANIZATION, SLR relies totally on the ideas, skills, and donated time of our VOLUNTEERS to help us grow and flourish. Including articles in the SLR newsletter is one of the ways the Board is emphasizing the importance of individual contributions to SLR. This month we are recognizing –

Roslyn Moorhead



Roslyn joined SLR around 2002.

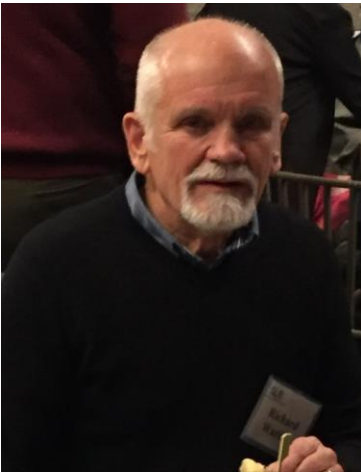
She served on what was then called the curriculum committee and was president of SLR 2005-2006. Ros continued to serve on the curriculum committee for a year or two after her time as president.

She served on the Strategic Planning Committee when Rod Whitwham and Anne Hutchinson were VP and P. One of its recommendations was to explore the possibility of expanding the program options. At the time there were only Study Groups, plus Craft and Chat. A program committee was formed and Ros was appointed chair. The program committee developed the activity/discussion /interest group format and was responsible for those program choices. After the first year the committee was renamed the Activities Committee. And a few years later the curriculum and activities committees merged and became the two program committees we have now.

Ros was chair for three years and served on the activities committee for another couple of years. Since then, she has led mainly discussion groups but is currently leading a study group this term.

SLR always had a social lunch in February but after several years interest was waning. Ros suggested that it be renamed the Founders Day lunch and include a speaker to carry on that tradition the founders had started. “I love SLR. It feeds my intellectual curiosity; I meet people and make friends I never would have if not for SLR. And it is fun. What more can one ask?”

Richard Waring



Richard Waring is a former teacher who joined SLR in 2012 after seeing an insert advertising SLR in the London Free Press. He has participated in all of the programs that SLR has to offer but has especially enjoyed the SLUGs ukelele group. Having never played a note in his life he has appreciated the opportunity to participate in an activity that is completely different and out of character. He has also served as a volunteer course leader or co-leader and as a member and leader of the Study Groups Curriculum committee which is now known as the Green Curriculum Committee.

In addition to its broad array of learning opportunities, SLR offers the opportunity to mix and learn from peers from a variety of backgrounds. During the pandemic it provided a lifeline to many of us living in seclusion Thanks to SLR and other opportunities Richard is enjoying a busy and rewarding retirement.

GREY POWER submitted by Phyllis Brady

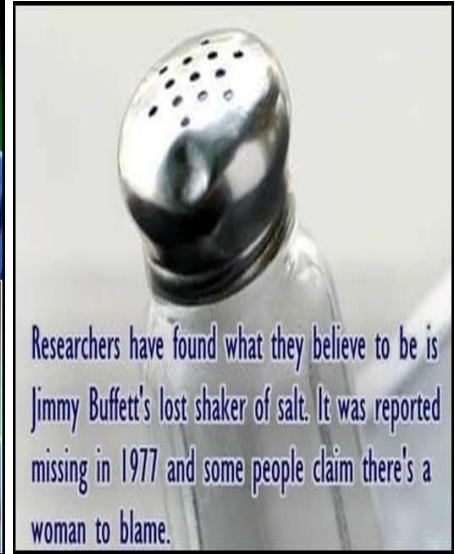
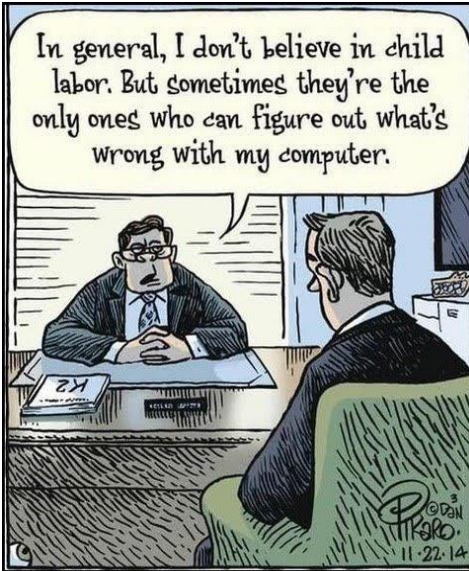
During the Fall 2023 session, several of us participated in Grey Power, the study course ably led by Jean Hewitt. There were presentations about seniors who've worked tirelessly to make our world better. We learned about Nelson Mandela, Maude Barlow, Jane Jacobs, Martin Sheen, Buffy Ste Marie, and more. We learned how much power we Seniors actually have, not only due to our numbers, but also because we have the time and energy to be involved....and we vote! Today more than 7.3 million Canadians are 65 and older. We are more active than seniors of previous times. We have experience and knowledge, and may even have cut our teeth on activism in the 60s and 70s.

During our Grey Power sessions, we discussed many pressing issues facing Canadians today, such as our overworked healthcare system, our underpaid personal support workers in long term care homes and our early childhood educators in daycares, senior women who rely on OAS living in poverty, and the climate crisis which is unfolding rapidly. We must care about the future, even if we will not live to see it.

We can take individual action - sign a petition, write or call local media, donate to a cause, support a candidate. There are also organizations we can join, such as Climate Change Now which is a group of Canadian seniors taking on the challenging issues of environmental protection (seniorsforclimateactionnow.org). Members attend protests, write to the government and produce webinars and educational tools. Remember that two thirds of the decisions which negatively impact our environment are made locally!

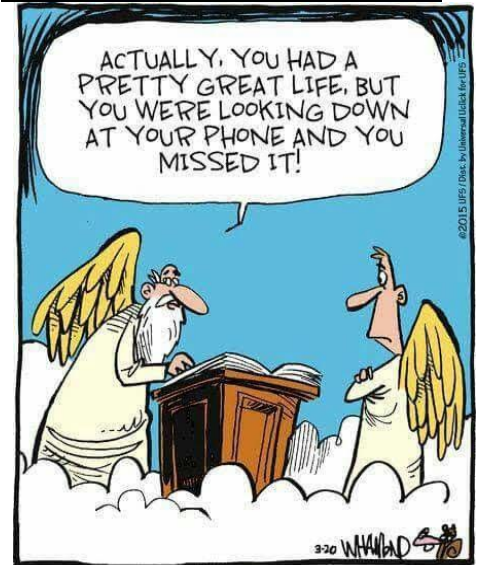
A number of the participants in our Great Power course are ready to make their opinions known and act for the causes they care about. What can you do to make a difference? A life well-lived leaves a positive mark on our world, however small.

LAUGHTER IS THE BEST MEDICINE - Thanks Phyllis Brady



Today my daughter called me 'Birth Person.' I replied, 'Yes Financial Drain.'

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PREVIOUS RIDDLES

What do you buy to eat but never consume? **Cutlery**

What do you get if you add 2 blackberries and 5 apples? **A house full of gadgets.**

Which of the following is the largest? Triangle, circle, square, or rectangle? **The circle.** Unlike the triangle, square, and rectangle, which have distinct corners and sides, a circle has a continuous curved boundary without any corners.

NEW RIDDLES

What bee can you pass around that doesn't sting?

Which word does not belong in the following list: noon, wow, level, radar, madam, kayak, or rotator...?

What must you give before you can keep it?



Best Wishes to our members who will celebrate their Birthday in February
Those born in February are known for being kind, compassionate, and easygoing. They're often gifted in the arts and possess a well of empathy.

*Just a reminder to check out our **slrlondon website**. Everything you want to know about SLR can be found on this site. If you are not sure where to look for something just type it in the search box at the bottom of the page.*

*Also check out our **Facebook page**. We would love to have posts from you.*

Margaret Cowan margaretcowan44@gmail.com